

Challenge Walking Club Record - 10k-a-day (walk 10,000+ steps per day)

Name: _____

Date Started Walking: _____

Date Walked:	Distance:
July 1	
July 2	
July 3	
July 4	
July 5	
July 6	
July 7	
July 8	
July 9	
July 10	
July 11	
July 12	
July 13	
July 14	
July 15	
July 16	
July 17	
July 18	
July 19	
July 20	
July 21	
July 22	
July 23	
July 24	
July 25	
July 26	
July 27	
July 28	
July 29	
July 30	
July 31	

Date Walked:	Distance:
August 1	
August 2	
August 3	
August 4	
August 5	
August 6	
August 7	
August 8	
August 9	
August 10	
August 11	
August 12	
August 13	
August 14	
August 15	
August 16	
August 17	
August 18	
August 19	
August 20	
August 21	
August 22	
August 23	
August 24	
August 25	
August 26	
August 27	
August 28	
August 29	
August 30	
August 31	

Date Walked:	Distance:
September 1	
September 2	
September 3	
September 4	
September 5	
September 6	
September 7	
September 8	
September 9	
September 10	
September 11	
September 12	
September 13	
September 14	
September 15	
September 16	
September 17	
September 18	
September 19	
September 20	
September 21	
September 22	
September 23	
September 24	
September 25	
September 26	
September 27	
September 28	
September 29	
September 30	

Turn in your record to HR at the end of each quarter for points award.

3rd Quarter, July - September, 2015

To measure steps, a pedometer will be supplied. Log the number of steps each day even if you don't hit the 10,000 step goal.